

California State Journal of Medicine

OWNED AND PUBLISHED MONTHLY BY THE MEDICAL SOCIETY OF THE STATE OF CALIFORNIA

BALBOA BUILDING, SECOND AND MARKET STREETS, SAN FRANCISCO

Editor and Secretary	W. E. MUSGRAVE, M. D.
Associate Secretary	HOWARD H. JOHNSON, M. D.
Managing Editor	CELESTINE J. SULLIVAN
Superintendent of Publications	WILLIAM H. BARRY

VOL. XXI

FEBRUARY, 1923

No. 2

ORIGINAL ARTICLES

RESPONSIBILITY FOR STATEMENTS AND CONCLUSIONS IN ORIGINAL ARTICLES

The author of an article appearing in the JOURNAL is entirely responsible for all statements and conclusions. These may or may not be in harmony with the views of the editorial staff. Furthermore, authors are largely responsible for the language and method of presenting their subjects. All manuscripts will be carefully read, but editorial privileges will be exercised only to a very limited extent. It is believed that the manner of presentation of any subject by any author determines to no small degree the value of his conclusions. Therefore, both the author and the reader, in our opinion, are entitled to have the subject as presented by the author as little disturbed as possible by the editors. However, the right to reduce or reject any article is always reserved.

HYPERTENSION*

By D. D. COMSTOCK, M. D., Los Angeles

The following statements are quite generally accepted as facts regarding high blood pressure:

1. Usually and probably always it is a compensatory process.
2. It is often found as a symptom of, or associated with, some well-known pathological condition.
3. Unquestionably, it often precedes arteriosclerosis and chronic nephritis, and in such cases operates as a cause rather than a symptom of these diseases.
4. It discloses a certain hereditary tendency.
5. It is found much more frequently among persons of a certain physical type—the so-called sthenic habitus.
6. It usually eventuates finally and often fatally in myocardial insufficiency, apoplexy or chronic nephritis with uremia.
7. The greater number of cases make their appearance during the fifth decade of life.
8. The changes incident to the climacteric undoubtedly play some part in many of the cases appearing among women at this period.
9. There is some relation between hypertension and diet.

All cases of hypertension may be included in two general groups: First, the symptomatic group in which the primary condition is known, and the

high blood pressure is understood to be a result or symptom. Second, the essential hypertension group in which there is no definitely known or discoverable cause.

We have made a somewhat careful study of more than one hundred cases of chronic hypertension. All of these patients were treated, as far as possible, according to the principles and plan discussed later in this paper. Many were under observation for months. With a number, a fairly complete laboratory, X-ray and clinical study was made, which enabled us to eliminate some of those that might be classed as the purely symptomatic, leaving still a large class presenting practically no physical or laboratory findings other than the hypertension. In most of these cases we have been able to reduce the pressure satisfactorily with definite relief of symptoms. Many of the symptomatic cases responded well to the same line of treatment.

My own observations as well as a study of the literature incline me to the theory that the cause of the hypertension in this second group is an unnamed factor which lies primarily in the tissues and that it is essentially a disease of metabolism; that the hypertension itself is a vital process designed to compensate for this dysmetabolism by raising the pressure in the capillary bed. There are several things about this condition that suggest a rather close relationship or similarity to gout—which is generally regarded as a metabolic disease. About gout we know many things, but as yet no one has found its ultimate explanation. And from the present outlook it would appear that we shall be kept in ignorance until the time when some scientific wizard shall be able to induce the ultimate cells of living tissue to reveal their intricate biochemical secrets. And this may be true also in regard to the nature of some possible dysmetabolism responsible for chronic hypertension.

The weight of evidence, I believe, is against the theory that toxins of intestinal origin or from focal infections are the cause of hypertension, although they are apparently often temporary exciting factors. Hypertension is too regular and constant in its setting and course, and is too exclusively present in a type of individuals who indeed are remarkably free from ordinary infections and from intestinal stasis to permit of these toxine factors being regarded as the chief cause. It is also too constantly absent in some other types who are markedly susceptible to ordinary infections and among whom also intestinal stasis is almost the rule, and who also may over-eat with impunity

* Read before the Section on Medicine of the Medical Society of California at Yosemite National Park, May 15, 1922.

BOOK REVIEWS

Psychoanalysis. Its theories and practical application. By A. A. Brill, Ph. D., M. D., 3rd ed. 468 pages. Philadelphia and London: W. B. Saunders Company, 1922.

Two diagnostic sins are almost unforgivable. One is to mistake neurosis for organic disease, the other to mistake organic disease for neurosis. In at least fifty per cent of cases as they come, the mental condition of the patient is of vital importance to both diagnosis and treatment. It ought to be trite to say that every medical man ought to be thoroughly acquainted with neuroses.

The volume named above is the third edition of an already standard work. No single book gives as clear and compendious a statement of pure Freudian psychopathology. Anyone who would understand the neuroses must begin with Freud and there is no better way than to read this work by Brill. Of course Freud was only the beginner and his work has been extended by a host of others, most particularly by Adler and Jung, and it is a pity that Brill barely mentions these two. If one were to depend solely upon Freud in treating the neuroses, without making any use of what these others have added, he would be riding a lame horse indeed.

The only essential change made since the second edition is the addition of chapters on Homosexuality and on Masterbation, both of which should be of great value to every reader. J. L. W.

The Practice of Medicine. By A. A. Stevens, M. D., Professor of Applied Therapeutics in the University of Pennsylvania; Professor of Therapeutics and Clinical Medicine in the Woman's Medical College of Pennsylvania. Octavo of 1106 pages. Philadelphia and London: M. B. Saunders Company, 1922. Cloth, \$7.50 net.

In the preface of this, the first edition, the author makes it his purpose to present descriptions of the various internal diseases which accord as nearly as possible with the present state of our knowledge and which, though concise, shall contain the necessary information upon etiology, morbid anatomy, symptomatology, diagnosis, prognosis and treatment of these diseases. It is not his intention to enter upon controversial fields but he has attempted to indicate these fields where they exist and has supplied references to the medical literature in which the two sides of a question may be read.

The book is undoubtedly a valuable addition to the library of any physician. Its contents are fully up to date and the pictures of disease presented are excellent. The general plan of the book is very similar to Osler's "Practice of Medicine" and is not profusely illustrated. Reproductions of temperature charts, polygraphic and electrocardiographic tracings are used where necessary, but no other illustrations are used excepting some anatomical diagrams in the section on diseases of the nervous system. References to articles containing extensive bibliographies are given where the author thinks necessary.

The book should prove a satisfactory textbook for students and certainly will be a valuable addition to the working library of the busy practitioner. T. H. K.

X-Ray Dosage in Treatment and Radiography. By William D. Witherbee, M. D., and John Remer, M. D. 87 pages. New York: The Macmillan Company. 1922. Price, \$1.75.

A handy little manual. It will be as useful to the radiologist as the dosage table of drugs is to the general practitioner. L. E.

Hughes' Practice of Medicine. Including a section on mental diseases and one on diseases of the skin. 12th ed. By R. J. E. Scott, M. A., B. C. L., M. D. Illustrated. 810 pages. Philadelphia: P. Blakiston's Son and Co., 1922. Price, \$4.

A useful little ready-reference manual for the office desk or the automobile side-pocket, even though the therapeutic recommendations have a flavor of antiquity that recalls flapping saddle-bags and smelly decoctions rather than automobiles and hypodermic syringes. For diabetes insipidus "Galvanism applying one pole to the neck below the occiput, the other to the hypochondriac region is of value." To aid digestion in chronic gastritis . . . "pepsin, pancreatin, papoid, and bitters are of value." Never mind—the little book has a lot of good in it. It will please many a faithful doctor, many a corner druggist, and many an old-fashioned lady. L. E.

Dental and Oral Radiography. A text-book for students and practitioners of dentistry. By James D. McCoy, M. S., D. D. S., F. A. C. D. Professor of orthodontia and radiography, College of Dentistry, University of Southern California, Los Angeles. 197 pages. 116 illustrations. 3d ed. St. Louis: C. V. Mosby Company. 1922. Price, \$3.

Two of the three chapters on the technic of dental and oral radiography and the chapter on the interpretation of dental and oral radiograms are useful. The remaining nine chapters deal with the history of the X-Ray, with high tension currents, magnetism and other similar things. They are out of place in a specialized manual. If they were left out and the book reduced by three-fourths, it would be more to the point and more serviceable. L. E.

Treatment of Fractures. With notes upon a few common dislocations. By Charles Locke Scudder, M. D. Ninth Revised edition. 749 pages. 1252 illustrations. Philadelphia and London: W. B. Saunders Company. 1922. Price, \$8.50.

To the ninth edition of this old stand-by are added many new methods (and old methods revised) brought out during the war, especially methods of traction and splinting. It is a perennially helpful and trustworthy guide. L. E.

BOOKS RECEIVED

A Manual of Gynecology. By John Osborn Polak, M. D., Professor of Obstetrics and Gynecology, Long Island College Hospital; Professor of Obstetrics in the Dartmouth Medical School; Gynecologist to the Jewish Hospital; Consulting Gynecologist to the Bushwick, Coney Island, Deaconess', and Williamsburgh Hospitals, Brooklyn, and the People's Hospital, New York. Second Edition, thoroughly revised. Illustrated with 139 engravings and 10 colored plates. Lea & Febiger, Philadelphia and New York, 1922.

Feeding, Diet and the General Care of Children. By Albert J. Bell, M. D., Assistant Professor of Pediatrics in the Medical Department of the University of Cincinnati; Attending Pediatrician to the Cincinnati General Hospital, The Tuberculosis Hospital and the Christ Hospital. Illustrated. A book for mothers and trained nurses. Philadelphia: F. A. Davis Company, 1923.

Principles and Practice of Infant Feeding. By Julius H. Hess, M. D., Professor and Head of the Department of Pediatrics, University of Illinois College of Medicine; Chief of Pediatric Staff, Cook County Hospital; Attending Pediatrician to Cook County, Michael Reese and Englewood Hospitals.

Illustrated. Third edition, revised and enlarged. Philadelphia: F. A. Davis Company, 1922.

Diseases of the Ear, Nose and Throat, Medical and Surgical. By Wendell Christopher Phillips, M.D., Professor of Otolaryngology, New York Post-Graduate Medical School and Hospital; Surgeon to Manhattan Eye, Ear and Throat Hospital; Attending Otolaryngologist to the Post-Graduate Hospital and Babies' Wards. Sixth Revised Edition. 578 illustrations. Philadelphia: F. A. Davis Company, 1922.

Montaigne and Medicine. Being the Essayist's comment on contemporary Physic and Physicians; his thoughts on many material matters relating to Life and Death; an account of his bodily Ailments and Peculiarities and of his Travel in Search of Health. By James Spottiswoode Taylor, Commander, Medical Corps, U. S. Navy, M.D., Paul B. Hoeber, New York, Publisher.

Pulmonary Tuberculosis. By Maurice Fishberg, M.D. Clinical Professor of Medicine, University and Bellevue Hospital Medical College; Chief of the Tuberculosis Service, Montefiore Hospital for Chronic Diseases, and of Bedford Hill Sanatorium for Incipient Tuberculosis. Third Edition, Revised and Enlarged. Illustrated with 129 engravings and 28 plates. Lea & Febiger, Philadelphia and New York, 1922.

Tuberculosis and the Community. By John B. Hawes, M.D., Director, Clinic for Pulmonary Diseases, and Assisting Visiting Physician, Massachusetts General Hospital; Instructor, Graduate School of Medicine, Harvard University; Consultant in Diseases of the Lungs, New England District U. S. Veterans' Bureau. Lea & Febiger, Philadelphia and New York, 1922.

Physical Exercises for Invalids and Convalescents. By Edward H. Ochsner, M.D., President Illinois State Charities Commission; Attending Surgeon, Augustana Hospital, Chicago. Second Edition. St. Louis: C. V. Mosby Company, 1922.

An Introduction to the Practice of Preventive Medicine. By J. G. Fitzgerald, M.D., Professor of Hygiene and Preventive Medicine and Director Connaught Antitoxin Laboratories, University of Toronto; assisted by Peter Gillespie, M. Sc., C. E., M. E. I. C., and H. M. Lancaster, B. A. Sc., both of the University of Toronto, with chapters and appendix articles by various contributors. St. Louis: C. V. Mosby Company, 1922.

A Textbook of Minor Surgery. By John C. Vaughan, M.D., Director and Visiting Surgeon Beekman Street Hospital; Visiting Surgeon Sing Sing Prison Hospital; Consulting Surgeon Manhattan Eye and Ear Hospital; Former Visiting Surgeon Bellevue Hospital and Chief Vanderbilt Surgical Clinic and Instructor in Minor Surgery, Columbia Medical College, and Athel Campbell Burnham, M.D., Colonel in United States Army, in charge of Red Cross in Poland; former Instructor in Surgery in the Polyclinic Hospital; Former Attending Surgeon Vanderbilt Clinic. 459 engravings. Lea & Febiger, Philadelphia and New York, 1922.

Textbook of Pediatrics. Edited by Professor E. Feer, Director of the University Children's Clinic, Zurich. Translated and edited by Julius Parker Sedgwick, B. S., M.D., Professor of Pediatrics, University of Minnesota Medical School and Carl Ahrendt Scherer, M. S., Duluth, Minnesota. 262 illustrations. Philadelphia and London: J. B. Lippincott Company.

A Manual of Clinical Diagnosis by Means of Laboratory Methods for Students, Hospital Physicians and Practitioners. By Charles E. Simon, M.D., Lecturer in Medical Zoology, School of Hygiene and Public Health of The Johns Hopkins University, formerly Professor of Clinical Pathology and Physiological Chemistry in the University of Maryland Medical School and the College of Physicians and Surgeons, Baltimore. Tenth Edition, enlarged and thoroughly revised. Illustrated with 233 engravings and 23 plates. Lea & Febiger, Philadelphia and New York.

Premature and Congenitally Diseased Infants. By Julius H. Hess, M.D., Professor and Head of the Division of Pediatrics, University of Illinois College of Medicine; Chief of Pediatric Staff, Cook County Hospital; Attending Pediatrician to Cook County, Michael Reese and Englewood Hospitals; Consulting Pediatrician, Municipal Contagious Hospital and Winfield Tuberculosis Sanitarium, Chicago; Member of Advisory Board Children's Bureau, Department of Labor, Washington, D. C. Illustrated with 189 engravings. Lea & Febiger, Philadelphia and New York, 1922.

A Manual of Diseases of the Nose and Throat. By Cornelius G. Coakley, A. M., M.D., Professor of Laryngology and Otolaryngology in the College of Physicians and Surgeons, Columbia University; Attending Surgeon, Bellevue Hospital; Consulting Laryngologist and Otolaryngologist to the Presbyterian Hospital. Sixth Edition, Revised and Enlarged. Illustrated with 145 engravings and 7 colored plates. Lea & Febiger, New York and Philadelphia, 1922.

Getting Ready to be a Mother. A little book of information and advice for the young woman who is looking forward to motherhood. By Carolyn Conant Van Blarcom, R. N., formerly Assistant Superintendent and Instructor in Obstetrical Nursing and the Care of Infants and Children at the Johns Hopkins Hospital Training School for Nurses. With an introduction by J. Clifton Edgar, M.D., and Frederick W. Rice, M.D. Seventy illustrations. New York: The Macmillan Company, 1922.

Medical Diagnosis for the Student and Practitioner. By Charles Lyman Greene, M.D., formerly Lecturer in Applied Anatomy, University of Minnesota; Professor of Applied Anatomy and Instructor in Clinical Medicine, etc., University Hospitals; Attending Physician, St. Luke's Hospital and Miller Hospital; Consulting Physician, State Hospital for Crippled and Deformed Children, etc. Fifth edition, revised and enlarged. 14 colored plates and 623 other illustrations. Philadelphia: P. Blackiston's Son & Co.

Need for and the Value of Medical Organization—The president of a state medical society, during his year of service as the head of the organization, gets an insight into many matters which otherwise he might not get. Even though he has not previously thought much about organization and the many problems of economic importance to the medical profession, the state association president, while he is president, has an experience that largely increases his knowledge of such matters and greatly widens his viewpoints. He comes to know, if he has not previously known, that medical organization is essential; he learns, if he has not previously found out, that it is much easier to talk than to do, much easier to tear down than to build up; he discovers during his year of service, if he has not discovered sooner, that many times the loudest talkers are the poorest doers, and that an occasional failure upon the part of those "in authority" has been due to no especial fault, but rather to uncontrollable conditions and circumstances.